



News to Reuse

Fall 2010

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Where to take your household hazardous waste

Do you have pesticides, paint, automotive fluids and other chemical products around the house you would like to dispose of properly? Households can bring in chemical products free of charge to Metro's hazardous waste facilities.

Metro's hazardous waste facilities are open to the public from 9 a.m. to 4 p.m. Monday through Saturday.

Locations

Metro Central Station

6161 N.W. 61st Ave., Portland

Metro South Station

2001 Washington St., Oregon City

Call Metro for more information at 503-234-3000 or visit GreshamOregon.gov/recycling

Understanding how your household leaves a carbon footprint

We are getting better and better at realizing how our actions impact the planet. Ten years ago very few people packed their groceries in a durable bag or sorted their recyclables at home. Today you'll hear the word "carbon footprint" often. The term carbon footprint describes the measured impact on the environment we leave behind based on the choices we make. Every being on this planet has a carbon footprint.

Calculate your household's footprint

If you're curious about your household's habits and how they translate to a carbon footprint, Oregon Department of Environmental Quality's (DEQ) online Carbon Calculator can provide answers.

Individuals and households enter information about transportation, housing and shopping activities and the tool calculates your carbon footprint. By using the calculator, you can test to see which behavior changes have the greatest carbon-reducing impacts. The calculator can be found at: www.deq.state.or.us/programs/sustainability/carboncalculator.htm.



What can I do?

A sure way to reduce your carbon footprint is to focus on waste reduction, which means:

- Reusing materials many times
- Reducing certain kinds of purchases while perhaps increasing others
- Shopping local

These actions support the economy while reducing greenhouse gas emissions.

Greener cleaning alternatives

Many commercial cleaning products contain toxic ingredients that are harmful to our health and the environment. Check labels for words such as "danger" and "warning" that signal toxic ingredients. You can choose less toxic products for your home and save money by using safe ingredients and simple recipes to make your own green cleaners.

Metro offers a free Green Cleaners booklet with simple cleaning recipes for a safer home. This is also a great gift idea; put together a gift basket with ingredients or ready-made cleaners for someone you know. Check out recipes at OregonMetro.gov/greencleaners or call Metro to request a copy of the booklet, 503-234-3000 (available in Spanish and English).

The difference between 'waste reduction' and 'recycling'

Sometimes "waste reduction" and "recycling" are used interchangeably, but they are very different actions. Waste prevention eliminates waste before it happens, like removing your name from a mailing list to no longer receive unsolicited mailings. Recycling, on the other hand, is recovering materials that can be remanufactured into new products. While waste reduction is better on the environment, both actions are important in our effort to move towards a more carbon-neutral environment.

Can you guess how much the average Oregonian recycled in 2009?

Good news: statistics show Oregonians understand recycling at home or work is a simple effort with positive environmental benefits. In 2009, Oregonians recycled 48.4 percent of their waste. By recycling, according to DEQ, the average Oregonian reduced greenhouse gas emissions equivalent to the amount of tailpipe emissions from an average passenger car driven for just over two months (1,900 pounds of CO₂ equivalent). In other words, Oregonians saved the energy equivalent of more than 64

gallons of gasoline per person just through our recycling efforts.

To continue to further shrink your carbon footprint, you can take the first step today by focusing on waste reduction. Here are a few tips to start making a difference.

How to reduce your waste:

- Choose products that come with minimal or reusable packaging.
- Whenever possible choose well-built durable products that don't need to be replaced frequently.
- Look for goods that are made with recycled content materials.
- Donate unwanted goods, and shop at reuse and thrift stores.

Tub and tile cleaner

1 2/3 cups baking soda
1/2 cup liquid soap (vegetable oil-based)
2 tablespoons vinegar
1/2 cup water
(optional) A few drops of essential oil

Mix soda and soap. Add water, and then add vinegar. Store in a squirt-top bottle and shake before using. Rinse thoroughly to avoid leaving residue.





Oregon's new PaintCare program takes your paint for recycling

It's getting even easier to be environmentally friendly with paint purchases and paint disposal. PaintCare is a new statewide program created by the paint industry to collect, recycle and dispose of leftover paint from consumers. The program is a result of the new paint stewardship law that was passed by the Oregon Legislature in August 2009, and launched July 1 this year. By year's end the state could see up to 90 new collection sites at stores and collection centers across Oregon.

Miller Paint
503-666-9018
18131 E Powell Blvd.
Gresham, OR 97080
Hours: Monday –
Saturday,
7 a.m. to 6 p.m.

Gresham Miller Paint participating

The Miller Paint store on E. Powell Boulevard is a participating local business in the PaintCare program. This means East County residents can drop off leftover primers, interior and exterior latex and oil-based paints, deck stains and waterproof coatings for proper disposal or recycling by PaintCare. Reusable latex paint goes to Metro for recycling. Automotive paints, aerosol paints, paint thinners and mineral spirits are not accepted in the PaintCare program.

For complete information contact Miller Paint at 503-666-9018, PaintCare.org, or Metro Recycling Information, 503-234-3000.

New project? Drop off old paint, purchase recycled MetroPaint

In addition to dropping off your old paint, the Miller Paint store sells MetroPaint, an award-winning, 100 percent recycled latex paint product that is both high-quality and affordable at \$11 or less per gallon. MetroPaint is certified by Green Seal™ and the Master Painters Institute, and



was named a 2008 Top 10 Green Product by Sustainable Industries business magazine. For more information contact Metro Recycling Information or visit www.OregonMetro.gov/MetroPaint.

The recycling symbol: what does it mean?

We see this symbol often – but beware, it may not mean what you think.

The chasing arrows recycling symbol is on many products; however there is little regulation on its use. This has created confusion with the public on the meaning of this symbol and what is recyclable or made of recycled content. For example, this symbol on plastic does not indicate that it is made from recycled content or that it can be recycled locally. The presence of the chasing arrows symbol with a number does not necessarily mean the plastic used is in a recyclable form. In 1988, the Society of the Plastics Industry began to use the symbol on plastic containers and added numbers to identify resin types. The resin numbers simply help recycling centers organize like plastics together, but they don't indicate if the plastic is accepted in the local recycling system.

Paper products with the chasing arrows symbol can indicate that it is recyclable or that the product is made from recycled materials. Recycled content products will usually have a percentage with the recycling symbol indicating how much is made of recycled content.

You may also see the recycling symbol on "compostable" products. This does not mean they are recyclable or even compostable in your home compost. To be sure, run a test in your compost and call your recycling hauler for clarification.

It is a good idea to read the fine print to better understand why the recycling symbol is on a product. If there is no explanation to accompany the symbol it may be irrelevant to recyclability or recycled content-materials.



Backyard composting made easy

Home composting is a great way to dispose of leaves, yard debris and food scraps. The end product makes a natural fertilizer and soil amendment for your garden.

Almost equally important, when you compost at home it diverts additional waste from going to the landfill and prevents green house gas emissions that would be emitted from transporting the material to the landfill.

Another benefit of composting is it makes good use of your fall leaves. Leaves left in the street can clog storm drains resulting in flooding, and can create slippery, unsafe road surfaces.

When organic material like yard debris and food waste is sent to the landfill it breaks down anaerobically and releases green house gasses into our atmosphere. However, composting this material will break it down aerobically and will release minimal green house gasses.

Fallen leaves and food waste make an especially good combination for composting. Fallen leaves are a "brown," carbon rich material and food waste is a "green" nitrogen rich material. Layering green and brown material, and turning it regularly to let oxygen enter, helps speed up the composting process. Chopping yard debris into smaller pieces and running over leaves with a lawn mower will also shorten the composting time.

A pile that is about 3 feet square and 3 feet high will help maintain the heat generated throughout the winter. To prevent unwanted odors and pests you should not include any meat, fish, bread, oil, dairy, or pet waste. Be sure to bury your food waste in the middle of the pile, and maintain a ratio of about two parts brown to one part green. To use your compost, mix one to three inches of compost into your garden before planting, and watch your garden grow.



Using Earth Machine compost bins



PAPER, METAL, PLASTIC

- ♦ Rinse all containers
- ♦ Do not flatten containers
- ♦ Set out when cart is full



MOTOR OIL

- ♦ In a transparent plastic bottle with a screw-on lid
- ♦ Do not mix with other liquids
- ♦ Set next to Curby



NO light bulbs, window glass, flower vases, ceramics, lids

Curbside recycling tips

Plastics accepted

Plastic bottles, jars, tubs and buckets are included in your curbside collection. Place these in your blue recycle cart. Other plastics are of lesser value and cannot be efficiently sorted from the acceptable plastics. No plastic bags.

Only set out full roll carts and bins

Is your cart and Curby bin full? That's when you should set it out. We save money in collection costs, and haulers increase efficiency, when the containers are at least $\frac{3}{4}$ full. This helps keep costs down. Plus, you save trips back and forth to the curb.

How to place your bins and carts at the curb

The newer automated trucks that lift carts can collect more efficiently if you leave enough space.

- ♦ 3 feet of space between your cans and carts
- ♦ 10 feet between the containers and trees, mail boxes and basketball hoops
- ♦ Place carts near the curb, but not on the street

Put glass on the side

Your red Curby is for all your glass bottles and jars; never mix glass with other recyclables in your blue roll cart. Broken glass shards are too difficult to sort out of the paper and other recyclables.

Garbage weight limits

20-gallon cart	20 lbs.
32-gallon can	60 lbs.
35-gallon cart	60 lbs.
60-gallon cart	120 lbs.
90-gallon cart	145 lbs.

GLASS ON THE SIDE



For more garbage and recycling information

Accounts, collection services, missed pick-ups

- Arrow/American Sanitary 503-257-1331
- Gresham Sanitary 503-665-2424
- Hoodview Disposal 503-668-8300
- Rockwood Solid Waste 503-666-3488
- Waste Management 503-249-8078

General information

- City of Gresham Recycling & Solid Waste Program
Fax 503-661-5927
E-mail recycle@GreshamOregon.gov
Website GreshamOregon.gov/recycling

Recycling drop-off locations, disposal facilities, household hazardous waste

- Metro Recycling Information Center 503-234-3000 www.oregonmetro.gov/recycling



Sustainable leadership class how to be an 'Agent of Change'

Each of us belongs to numerous circles of influence (such as our workplace, clubs, extended family, and neighborhood) that provide a chance to introduce sustainable practices and raise ecological awareness.

During this no-cost course, you select your circle and vision for change and the course gives you the framework and tools to be successful. Core skills gained from the course include how to:

- ✦ Be more effective in recruiting others to your vision
- ✦ Use strategies to be most effective in reaching your project goals
- ✦ Maintain project momentum over time

In addition, participants become consultants for fellow class members and are invited to maintain contact and support by joining the 500-plus trained class graduates in the ongoing Agent of Change Network.

For more information about the Center for Earth Leadership, visit www.earthleaders.org. To register contact Emily Klavins at 503-227-2315 or emily@earthleaders.org

Group 1: Six Mondays:

Oct. 11, 18, 25, Nov. 1, 8 (break), Dec. 6, 7 to 8:45 p.m.

Group 2: Six Thursdays:

Oct. 14, 21, 28, Nov. 4, 11, (break) Dec. 9, 7 to 8:45 p.m.

Eco-Schools: Five Mondays:

Oct. 18, 25, Nov. 1, 8 (break), Dec. 6, noon to 1:45 p.m.

Support Local Green Businesses

We encourage you to shop at these local businesses who support and use sustainable practices. The GREAT Businesses listed below have been recognized by the City for their achievements in the areas of recycling, buying recycled-content supplies, conserving energy and water, and maintaining their wastewater and stormwater systems.



Accommodation & Food Service

Bryant's Station Restaurant
Burgerville
Cedarville Inn
Chang's Mongolian Grill
Coffee Avenue
Coffee's On
Flying Pie Pizzeria
Holiday Inn
Olive Garden
Outback Steakhouse
Panda Express
Silk Espresso
Starbucks – Gresham Station
Sunny Han's
Sushiville

Retail & Services

Accuprint
Allegri Wine Shop
Amiton Furniture
Backyard Birdshop
Cantel Sweeping
Cartridge World
Columbia Equine Hospital
Gresham Roofing and Gutter
Heavenly Maid Cleaning Service
Image Pressworks
Minuteman Press
Parr Lumber

Rockwood Solid Waste
Springwater Jewelers
The House of Tattoo
Twelve Mile Market

Automotive

3 C Automotive, Inc.
Affordable Quality Automotive
All About Automotive
Auto Repair Specialists
Eco Car Wash
Gresham Ford
Kadel's Auto Body

Educational

Gresham-Barlow Education Foundation
Gresham-Barlow School District
Business Office and Facilities Office
Mt Hood Community College

Manufacturing, Distribution & Technology

American Honda NW Regional Center
Fujicolor Processing, Inc.
Kinco, International
Microchip Technology, Inc.
ON Semiconductor
Pella Corporation
Teeny Foods
Trailblazer Foods
Waxie Sanitary

Medical & Health

Adventist Health – Gresham Imaging Center
Body of Wisdom – Natural Family Medicine
Calcagno Pediatrics
Dr. Perry Stevenson DDS, MS, PC
Dr. Raymond Onchi DMD
Dr. Robert W. Jones DDS
Gresham Pediatric Therapy Services
Gresham Town Fair Chiropractic Clinic
Legacy Mount Hood Medical Center
Mt. Hood Women's Health
NW Gymnastics – Gymnastics Academy
Olympic Gym
Oregon Eye Specialists
Pain Relief Specialists Northwest
Pediatric Associates of Gresham
Providence Medical Group
Rose City Breast Care
The Center for Men's and Women's Urology
Urgent Care Northwest

Offices & Non-Profit Organizations

AAA Oregon – Wood Village branch
Center for Family Success
Cramer Fish Sciences
East Metro Association of Realtors
Edward Jones Investments, Gresham Station

Gresham Area Chamber of Commerce
Gresham History Museum
Kohler Meyers O'Halloran, Inc.
Landmark Tax & Investment Services
Lori Stegmann Insurance Agency
Snow-Cap
US Bank Corporate

Governmental

City of Gresham City Hall and Operations Center
Department of Environmental Quality
Gresham Fire – Stations 71 & 72
Multnomah County Fleet Maintenance, Shop Annex and Probation Office
Oregon Department of Revenue – Gresham Field Office
Veolia Wastewater Treatment Facility

GREAT Recyclers

A New Beginning Organizing
Air Filter Exchange
Best Cellars Catering
Books 4 Giving
Buttons-Now.com
Cartridge World
Edward Jones, Oregon Trail Shopping Center
Euro Signs
Grayco, LLC
Gresham Townfair Chiropractic

Indepak
Mt. Hood Organics
Northwest Enforcement
Small Business Development Center
Sole Position Internet Marketing
Total Car Care
Trans Rim Pacific, LLC
Umpqua Bank – Gresham Station Branch
Vibrant Family Medicine

